



Grilled Chicken and Shrimp Kebabs with Lemon and Garlic



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings peas
- ☐ 12 chicken tenderloins
- ☐ 2 garlic clove minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.7 cup olive oil
- ☐ 24 large shrimp frozen thawed deveined uncooked unpeeled (if)

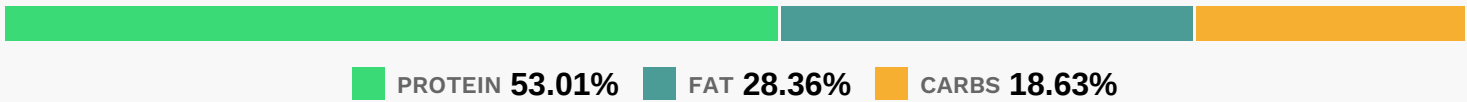
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ metal skewers

Directions

- ☐ Thread 4 shrimp on each of 6 metal skewers; place on rimmed baking sheet. Loosely thread 2 chicken tenders on each of 6 metal skewers; place on another rimmed baking sheet.
- ☐ Whisk lemon juice, lemon peel, and garlic in medium bowl; slowly whisk in oil. Season marinade with salt and pepper.
- ☐ Pour marinade over skewers, dividing equally.
- ☐ Prepare barbecue (medium-high heat). Arrange lettuces on large platter. Grill chicken until cooked through, about 5 minutes per side. Grill shrimp until pink on outside and opaque in center, about 4 minutes per side.
- ☐ Remove kebabs from grill; place atop lettuce.
- ☐ Serve with Tomato-Avocado Salsaand Chipotle Aioli.

Nutrition Facts



Properties

Glycemic Index:12.39, Glycemic Load:2.89, Inflammation Score:-7, Nutrition Score:19.424347791983%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 253.63kcal (12.68%), Fat: 7.92g (12.19%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 11.71g (3.9%), Net Carbohydrates: 7.51g (2.73%), Sugar: 4.46g (4.96%), Cholesterol: 128.4mg (42.8%), Sodium: 167.63mg (7.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.31g (66.62%), Vitamin B3: 11.96mg (59.82%), Selenium: 33.46µg (47.8%), Vitamin B6: 0.89mg (44.51%), Vitamin C: 35.76mg (43.34%), Phosphorus: 376.51mg (37.65%), Vitamin K: 21.09µg (20.08%), Potassium: 670.52mg (19.16%), Vitamin B1: 0.26mg (17.47%), Manganese: 0.34mg (17.19%), Fiber: 4.19g (16.78%), Magnesium: 64.99mg (16.25%), Copper: 0.32mg (15.81%), Vitamin B5: 1.52mg (15.24%), Zinc: 2.03mg (13.56%), Folate: 53.87µg (13.47%), Vitamin A: 585.53IU (11.71%), Vitamin B2: 0.2mg (11.7%), Iron: 1.7mg (9.44%), Vitamin E: 1mg (6.64%), Calcium: 51.4mg (5.14%), Vitamin B12: 0.2µg (3.33%)